

**SENIOR  
OCTOBER  
2017**



**SERVING SENIORS  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES**

**MENU IS SUBJECT  
TO CHANGE WITHOUT  
NOTICE**

**To make a  
reservation  
in Rockford**

**815-963-1609  
or  
1-800-779-1189**

**RESERVATIONS  
&  
CANCELLATIONS  
CALL BY 10:00 AM  
THE DAY BEFORE**

**\*CHOICE A only sent to  
MEALS ON WHEELS  
CLIENTS**

**THERE ARE  
NO  
SUBSTITUTIONS**

| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
|---|--|---|--|---|
| 2   | 3  | 4   | 5  | 6   |
| CREAMY CHICKEN<br>W/ PASTA<br>BROCCOLI<br>BAKED APPLES<br>WHEAT BREAD - 1             | MEATLOAF<br>MASHED POT/GRAVY<br>GLAZED CARROTS<br>DINNER ROLL \ BUTTER<br>APRICOTS         | BAKED HAM<br>SWEET POTATO<br>GREEN BEANS<br>DINNER ROLL<br>FRUIT COCKTAIL                               | ITALIAN SAUSAGE<br>W\PEPPERS ON BUN<br>RED POTATO WEDGES<br>ITALIAN BLEND VEGGIES<br>DICED PEACHES | A.) CRISPY FISH SAND.<br>WHEAT BUN<br>POTATO PANCAKES<br>PEAS<br>PINEAPPLE TIDBITS<br>B.) TURKEY/MINESTRONE       |
| 9   | 10   | 11  | 12   | 13  |
| HAMBURGER PATTY<br>WHEAT BUN<br>MAC & CHEESE<br>CALIF. BLEND VEGGIES<br>DICED PEARS   | BBQ CHIX BREAST<br>CHEESY POTATOES<br>SEAS. GREEN BEANS<br>DINNER ROLL<br>SF JELLO W\FRUIT | BAKED PORK CHOP<br>BABY RED POTATOES<br>BROCCOLI<br>TOSSED SALAD/DRSG.<br>DINNER ROLL<br>SF APPLE CRISP | CHEESE RAVIOLI W/<br>MEATSAUCE<br>BRUSSEL SPROUTS<br>CAULIFLOWER<br>GARLIC BREAD<br>APRICOTS       | CHICKEN FIESTA TACO<br>SPANISH RICE<br>CHEESE, LETT, TOMATO<br>REFRIED BEANS<br>PINEAPPLE<br>B.) CHIX SAL./TOMATO |
| 16  | 17   | 18  | 19   | 20  |
| MEATBALL SUB<br>PEAS & CARROTS<br>SEAS. POTATO WEDGES<br>MANDARIN ORANGES             | SWEET/SOUR CHICKEN<br>FLUFFY RICE<br>STIR FRY VEGGIES<br>DINNER ROLL<br>APRICOTS           | SALISBURY STEAK<br>AUGRATIN POTATOES<br>GREEN BEANS<br>DINNER ROLL<br>SLICED PEACHES                    | CHEESE OMELETT<br>TURKEY SAUSAGE<br>HASH BROWN POT.<br>BLUEBERRY MUFFIN<br>FRUIT JUICE             | A.) BRAISED BEEF<br>MASHED POT\GRAVY<br>CORN<br>DICED PEARS<br>WHEAT BREAD -2<br>B.) TUNA SAL/CHIX RICE           |
| 23  | 24   | 25  | 26   | 27  |
| BBQ RIBLETT<br>WHEAT BUN<br>AUGRATIN POTATOES<br>COIN CARROTS<br>DICED PEARS          | PEPPER STEAK<br>MASHED POT/GRAVY<br>PEAS<br>WHEAT BREAD - 2<br>CHILLED PINEAPPLE           | LEMON PEPPER CHIX<br>WILD RICE<br>BROCCOLI<br>DINNER ROLL<br>APPLESAUCE                                 | A.) CHEESEBURGER<br>WHEAT BUN<br>TATOR TOTS<br>BAKED BEANS<br>JELLO W\ FRUIT<br>B.) HAM/VEGETABLE  | MOSTACCIOLI<br>W\MEATSAUCE<br>BRUSSELL SPROUTS<br>SCAND. BLEND VEGGIES<br>GARLIC BREAD<br>APRICOTS                |
| 30  | 31   |   |  |   |
| CHICKEN STRIPS<br>SEAS. POTATO WEDGES<br>PEAS<br>DINNER ROLL<br>DICED PEARS<br>BBQ PC | BAKED ZITI<br>W\MEATSAUCE<br>ITALIAN BLEND VEG.<br>GARLIC BREAD<br>HOT APPLESAUCE          |   |  | 8 oz. Low Fat Milk<br>served with all lunches.  |

